

# Behind the Badge

Baltimore County Police Department Newsletter  
[www.baltimorecountymd.gov/police](http://www.baltimorecountymd.gov/police)

Winter 2010



"Integrity...Fairness...Service"

## November

- 1 Corporal's position will be posted**
- 1 Food Drive Kick-off**  
Help those who are less fortunate by dropping off non-perishable food items in collection boxes at various County facilities. All contributions will be provided to a non-profit organization for distribution. Contact Det. Paul Ciepiela (x2587) for more information.
- 7 Daylight Saving Time Ends**  
Turn clocks back one hour
- 29 United Way Campaign Drawing**  
12 p.m., Oregon Ridge

## December

- 3 Application deadline for Corporal exam**
- 6-11 Captain's oral exam**
- 11 "Shop with a Cop" Day**  
Officers will take economically disadvantaged children to the Hunt Valley Walmart for holiday shopping, then to Outback Steakhouse. Contact Officer Mike Schmitz (x0190 or [mschmitz@bcps.org](mailto:mschmitz@bcps.org)) if you would like to donate time or money to this fine effort.
- 14 131<sup>st</sup> Recruit Class Badge Pinning Ceremony**  
1 p.m., Training Academy
- 15 Blood Drive**  
8:30 a.m.-2 p.m., PSB – 6<sup>th</sup> floor cafeteria
- 16 131<sup>st</sup> Recruit Class Graduation**  
7:30 p.m., CCBC-Dundalk
- 18 132<sup>nd</sup> Recruit Class begins**

## January

- 3 Lieutenant's position will be posted**
- 8 Captain's list will be established**
- 14 Deadline for Police Foundation nominations**  
Submit accomplishments from the 2010 calendar year to the Commendation Board, c/o Administrative and Technical Services Bureau, Attn: Audrey Herold. For more information call Debbie Higgs (x4925).
- 29 Corporal's written exam**

## Governor Martin O'Malley Recognizes the Baltimore County Police Department and Community Partners with 2010 Crime Prevention Awards

The Maryland Community Crime Prevention Institute Awards Subcommittee has selected their Governor's Crime Prevention Award winners for 2010. Baltimore County is well represented among the winners.

The awards are given to 59 recipients representing 30 agencies who have made significant contributions to crime prevention programs.

The winners include citizens, businesses, colleges, universities, community groups, law enforcement officers, correctional officers, the military, and law enforcement agencies from throughout the State of Maryland.

The Baltimore County Police Department as a whole will receive departmental awards in Category A: Governor's Crime Prevention Award for Law Enforcement Agencies, and program awards for the Lethality Assessment

Program and the Gang Awareness Training Program under Category D: Governor's Crime Prevention Award for Outstanding Proactive Crime Prevention Programs in Maryland.

Additionally, Mr. Bob Monahan and Ms. Rosanne Torpey will receive awards in Category C: Governor's Crime Prevention Award for Community Groups, Organizations, and Individual Citizens. Officers Keith Ketterman and Sharon McKenzie have been selected for awards in Category E: Governor's Crime Prevention Achievers' Award.

Chief Jim Johnson sends his hearty congratulations to the winners. He extends his thanks to every officer, professional staffer, and citizen who works in concert with the Department to keep our homes, businesses, and neighborhoods safer.





## NETWORK NEWS

...**Pct. 1's POM** for the month of **May**, **Off. Ean Stiger**, cleared 3 cases due to his proactive approach to law enforcement. While investigating a hit and run, he was given an incorrect registration for the suspect vehicle. Stiger recognized that the registration did not conform to Maryland's format. He tried several variations of the tag and found a vehicle that matched the description. With that information, he set up surveillance at the house and spotted the vehicle pulling into the driveway. He noticed there was damage consistent with the accident and was able to obtain a confession. ...**July's POM**, **Off. Jeffrey Starling**, is another proactive officer. During the month he wrote 9 traffic citations, cleared 1 felony case and 10 misdemeanor cases. He also made 1 felony arrest, 6 misdemeanor arrests, and 1 DWI arrest. And finally, Starling cleared 3 CDS cases. ...**August's POM**, **Off. Jaime Layhew**, was a force to be reckoned with when it came to traffic enforcement during the month. He wrote 63 traffic citations, 15 warnings, 6 FIRs, and 2 SEROs. He also cleared 14 serious traffic cases, and made 3 arrests.

...**Pct. 2's POM** for the month of **June** was **Off. Marques Price**. He was chosen for his outstanding proactive criminal and traffic enforcement. He wrote 18 citations, 31 warnings, 23 FIRs, 2 SEROs, 18 clearances, and made 15 arrests. ...**July's POM**, **Off. Ryan Alexander**, was also impressive in his traffic and criminal enforcement. He wrote 30 citations, 17 warnings, 6 FIRs, 2 SEROs, 16 clearances, and made 6 arrests. ...**Off. Rachel Wood**, **August's POM**, made 10 arrests and cleared 19 cases. Four of the arrests were related to a strong arm street robbery where Wood and other officers were able to locate the suspects and return the stolen items to the victim.

*(continued on page 3)*

## Stellar Performance Prompts Agencies to Give Detectives Recognition

Detective Thomas Lamb and Detective Gary Lippa were presented an award from the Department of Justice and the FBI for an outstanding joint investigation that led to the arrest and sentencing of a major Burglary Ring Leader, who had committed numerous burglaries from New Hampshire to Florida.

Scott Hornick, a former America's Most Wanted fugitive, led a gang that committed more than 150 burglaries in at least 13 states from August 2001 to July 2007. The gang burglarized camera stores, music stores and pharmacies, among other businesses, and was responsible for losses of more than \$1.78 million. Hornick and his co-conspirators used disguises and burglary tools to forcibly enter businesses after hours, filling black trash bags with store merchandise and loading the bags in rented or stolen vehicles.

The stolen goods were taken to Vallin Malcom of Montgomery County, Pa., who was a "fence" and resold them on the black market.

On December 13, 2004, Det. Lippa, and later his partner Det. Lamb, began an investigation into a Ritz camera store burglary. Their investigation revealed the burglary was a result of Hornick, and his co-defendants Sasha Ingardi, Jerry Todisco, and Anthony Todisco. Jerry and Anthony Todisco were quickly located in Brooklyn, NY and arrested for the December 13 burglary. Due to their diligent investigative steps, Dets. Lippa and Lamb were able to track down and arrest Jerry and Anthony Todisco. Jerry and Anthony were eventually charged federally with Interstate Transportation of Stolen Property.

They made contact with Det. Mike Romano of the Pennsylvania State Police and passed on vital information regarding Hornick's fence. Based on this information, Det. Romano was able to identify and arrest the fence, identified as Vallin Malcom.

Law enforcement later located and arrested Scott Hornick and Sasha Ingardi in Delaware. Dets. Lippa and Lamb took mirandized statements from both, which proved crucial during Hornick's trial.

After a seven day trial in February 2010, a jury found Hornick guilty on multiple counts of Interstate Transportation of Stolen Property and Conspiracy to Commit Pharmacy Burglary. Sasha Ingardi and Vallin Malcom, both of whom testified against Hornick, were sentenced to a 30 month prison sentence. Hornick was sentenced to 27 years in federal prison. During Hornick's sentencing, U.S. District Court Judge Harvey Bartle III called Hornick a "true menace to society."



*(Left to right) Det. Thomas Lamb and Det. Gary Lippa*

## Crime Numbers Continue Downward Trend in Baltimore County

On October 5, the Baltimore County Police Department held a Press Conference to announce the crime statistics for the first half of 2010. County Executive Jim Smith announced a continued decline in crime across Baltimore County. Governor Martin O'Malley attended the event and discussed the state's role in supporting the crime fighting efforts in Baltimore County. With Baltimore County Police Chief Jim Johnson and State's Attorney Scott Shellenberger by his side, Smith proclaimed impressive drops in serious crimes including homicide, rape, robbery, and auto theft which all dropped significantly for the months of January to June of 2010 as compared to the same period in 2009.

Crime during the first half of 2010 decreased significantly compared to crime during the first half of 2009. Most impressively, of the eight serious crime categories, seven have seen significant decreases. Homicide has decreased by 44.4 percent, rape decreased by 19.7 percent,

motor vehicle theft by 21.6 percent, robbery by 16.8 percent, burglary by 7.4 percent, arson by 16.8 percent and theft by 10.2 percent.

Baltimore County Executive Jim Smith said, "It is particularly gratifying for me to be able to report a continued trend of decreasing crime in these

challenging economic times. In a year in which many people are still grappling with the aftermath of a major recession, our Police Department has continued its steady progress in reducing crime to a 35 year low in Baltimore County." Governor Martin O'Malley said, "Protecting the public's safety is the most sacred and important priority of government at any level. These significant crime reductions in Baltimore County are due to the efforts of our dedicated men and women in uniform who work every day to protect our families and children. Working together with our local partners, we can continue to make our streets safer and our neighborhoods healthier for all Marylanders."

Police Chief Jim Johnson added, "For the past three years that I have been Chief of Police, crime has steadily declined. We have continued to strive to make Baltimore County one of the safest places to live." Baltimore County State's Attorney Scott Shellenberger said, "The decrease in crime is due to the quality of the cases the Police Department brings to my office. Prosecutors are only as good as the cases the police bring to us."



## NETWORK NEWS

...Pct. 3's Off. Jesse Haines was July's POM. The officer responded to a found narcotics call and noticed a grow box in the juvenile's bedroom. The juvenile admitted to growing the marijuana with the intent to sell at school. Nicely done!...Off. Bryan Spicer, August's POM, initiated criminal investigations that resulted in the clearance of several felonies and misdemeanors as well as the arrests of several suspects.

...Pct. 4's POM for June was Off. Andrew Melnyk...July's POM was Off. Scott Dawson...Off. Brian Rupp was August's POM.

...Pct. 6 named Off. Dave Short June's POM. The officer stopped a vehicle for an insurance violation and found the driver had an outstanding felony warrant for narcotics distribution. Upon inspection of the vehicle, he found additional drugs which led to additional charges against the driver...July's POM, Off. John Heyman, proved that patience pays off. He waited near a suspicious vehicle, past his shift time, to catch a CAT burglar who was working the Towson, White Marsh and Baltimore City areas. The wait paid off when the suspect showed up at the vehicle. Heyman arrested and charged him with fourth degree burglary...Off. Jon E. Slenker, August's POM, cleared 3 cases that were noteworthy of the award. In case one, he supervised the arrest and investigation with an officer in training. In case two, he made a CDS arrest in the DDACTS area of Towson. In case number three, he investigated a child sexual abuse at St. Joseph Medical Center which led the officer to obtain 2 search warrants. The suspect confessed to the crime. Good work!

...Pct. 7's POM for June was Off. Chad C. Walker. The officer investigated a narcotic violation that happened on a Baltimore County school bus which led to the arrest of 2 students. One student was charged with possession with intent to distribute a Controlled Dangerous Substance...Off. Monica I. Ward, July's POM, investigated a case in which credit cards were stolen from an auto and were used to make purchases. She then matched the credit card information to a photo of a known suspect in prior thefts and obtained a warrant for the thief. The warrant contained 6 cases of burglary against the suspect...August's POM, Off. Jacob T. Heins, cleared an ongoing "harassment" case that began in July. His surveillance from a wooded area led him to catch the suspect "in the act."

(continued on page 4)



## NETWORK NEWS



...Pct. 8's POM for June was Off. **Daniel Jackson**. He cleared 2 felony cases, 1 misdemeanor case, and 3 traffic cases. He also made 5 felony arrests, wrote 20 uniform citations, 93 warnings, 3 SEROs, and 4 FIRs. He led his squad in criminal and traffic enforcement...**July's POM, Off. Brandon Langley**, led his squad in criminal enforcement, cleared 10 cases, and made 8 arrests. He also wrote 19 citations, 1 SERO, 5 warnings, and initiated 8 field interview reports...**August's POM, Off. Mark Grelak**, made 5 arrests, and cleared 8 cases. This is a very simple version of the many accomplishments made by this officer during the month. There is not enough room to list it all in this newsletter.

...Pct. 9's POM for the month of June was Off. **Andrew Burns**. The officer led his squad in total traffic enforcement and criminal arrests. He led the precinct by making 3 DWI arrests and 8 other arrests. One of the arrests was for a sexual predator who was fleeing after committing a second degree rape...**July's POM, Off. Dino Bozzi**, conducted several on-view investigations that led to several arrests. One case involved a stolen auto in which several occupants bailed out of the stolen car. Bozzi gave chase and succeeded in arresting one of the suspects. The stolen vehicle was returned to the owner. During an investigation into a destruction of property case, the officer cleared several burglaries by means of a quality interview with the suspect...**Off. Craig Reynolds, July's DDACTS POM**, completed over 23 hours of DDACTS enforcement, the most by a patrol officer. He made 29 traffic stops, issued 52 pieces of traffic enforcement including 12 state citations as well as completing 3 field interview reports. That's enforcement!...**Off. Chris Casey, August's POM**, assisted in clearing 2 burglary cases by searching an area from greater Rosedale and into Baltimore City for a suspect involved in 2 recent home burglaries. He arrested the suspect in the city.

*(continued on page 5)*

## Call for Police Foundation Award Nominations

The Baltimore County Police Foundation is currently accepting nominations for its annual Police Foundation Awards Program. Nominations are based on accomplishments during the 2010 calendar year. All members of the Department, sworn and professional staff, are eligible for nomination.

Awards will be presented at the 2011 Police Foundation Awards Dinner, which is scheduled for Thursday, April 28, 2011, at Marriott's Hunt Valley Inn. Nomination packets may be obtained on the Department's Intranet site under the "News" tab, or by contacting Audrey Herold at x2216 or Debbie Higgs at x4925. Deadline for submission of nominations is January 14, 2011.

## RATT Detective Assumes Leadership Role in International Association of Auto Theft Investigators

During the week of August 22, the International Association of Auto Theft Investigators (IAATI) held its International Conference in Orlando, Florida. As part of the conference, the membership and board of directors of IAATI installed its new executive board. Det. Chris McDonold of the Regional Auto Theft Team was installed as the new president. He will assume leadership of an organization of over 4,000 members who are dedicated to the investigation of vehicle theft.

During Det. McDonold's acceptance speech, he outlined an aggressive agenda for IAATI for 2010 and 2011. He plans on addressing several legislative issues, partnering his association with the International Association of Chiefs of Police, enhancing training, developing a strategic plan for IAATI, and moving the association forward. Det. McDonold also thanked Chief Jim Johnson, Colonel Mike McCleese and his CID commanders for their continued support of IAATI and the Department's commitment to combating vehicle theft in the Baltimore region.

Many of us know Det. McDonold as the administrator of the Automated License Plate Reader project, and as an instructor for the vehicle theft schools that are sponsored by RATT and the Maryland Vehicle Theft Prevention Council. The Department congratulates Det. McDonold on his achievement and wish him success in his role.

## Maryland Retailers Association Law Enforcement Award

At a luncheon held at the Sheraton Annapolis Hotel on September 22, Lt. James Pianowski, Detective Sergeant Gerald D'Angelo, Detective Sergeant Allen Meyer, Detective Ryan Cooper and Detective William Long were given the 2010 Maryland Retailers Association Law Enforcement Award. The Law Enforcement Awards Program is the MRA's way to recognize the achievements and activities of those officers who impact the daily lives of merchants throughout Maryland. Kudos to all who were involved!

# Hometown Hero

The Essex-Middle River-White Marsh Chamber of Commerce “Salute to our Hometown Heroes” will be held on November 4 at Martin’s Eastwind. Officer Pearin Holt will be named BCoPD’s “Hometown Hero.”

During the past year Off. Holt was involved in several incidents in which he confronted armed persons and subsequently arrested multiple suspects. One of the most notable incidents occurred on December 5, 2009 when he responded to an armed robbery in progress. The suspect was believed to be responsible for numerous armed robberies in the Baltimore area. He spotted the suspect vehicle while en route and gave chase. The vehicle crashed and the suspect ran from the car. Off. Holt gave chase on foot but stopped abruptly as he believed that the suspect was pointing a gun at him. Off. Holt fired his weapon at the suspect, striking him in the foot. The suspect was apprehended a short distance away. He was indicted on four counts of armed robbery.

Off. Holt has a well rounded and diligent devotion to his everyday job no matter what it requires him to do. Accordingly, he has accumulated some impressive enforcement results:

- Traffic Citations: 127
- Parking Citations: 7
- Traffic Warnings: 179
- S.E.R.O.s: 5
- F.I.R.s: 126
- DWI Arrests: 4
- Misdemeanor Arrests: 19
- Felony Arrests: 3
- Misdemeanor Clearances: 45
- Felony Clearances: 5

Off. Holt exemplifies the meaning of a true hometown hero and is deserving of this award.

# Memorial Wall

On your next trip to the Public Safety Building, please take a moment to visit the Memorial in the front lobby dedicated to our fallen heroes. The project came together largely through efforts from Maj. Bill Kalista, Community Resources Bureau, and Lt. Jim Wickless and Stan Siedlecki from the Employment Section. The Police Memorial Fund, with the help of Retired Col. Dennis Robinson, was responsible for a large portion of the expense in making the project a reality. The employees at the County carpentry shop did an excellent job with construction and installation. Thanks also to Ms. Susan Hunt (Media Relations), Det. Evelyn Grant (Pct. 11/Essex) and Det. Jill Gilmore (Employment Section) for design help. The memorial serves as a fitting tribute to those who have given the ultimate sacrifice and who are “gone, but not forgotten.”

# Precinct 8/Parkville Memorial Garden

Precinct 8/Parkville has been gathering a fund to design a small memorial garden to be located in front of the station. This memorial garden will be dedicated to Officer Jeff Neral who was killed in a motorcycle accident on his way to work last October. A bronze tree plaque has been ordered for Off. Neral. It will be placed in the garden in memory of our lost brother. If anyone would like to donate to the memorial fund, it would be greatly appreciated. There is a donation envelope in the roll call room of Precinct 8. Thanks in advance for any donations. If there are any questions, you can contact Off. Shelby Hughes at x5310.

# NETWORK NEWS

...Pct. 11’s POM for the month of July was Off. **Ryan Bodway**. He was outstanding in traffic and criminal enforcement. He wrote 23 citations, 24 warnings, 3 SEROs, and 44 FIRs. Bodway also made 1 felony arrest, 7 misdemeanor arrests, 1 traffic arrest, and 1 DWI arrest. And finally, he cleared 1 felony case, 8 misdemeanor cases, and 3 serious traffic cases. WOW! Off. **Greg Roberts**, August’s POM, while only on the street for 17 days, made 11 arrests, cleared 28 cases, wrote 37 traffic citations, 40 warnings, 2 parking tickets, and 58 FIRs.

...Pct. 12’s Off. **Adrienne Grant**, June’s POM, was a busy person during the month. She wrote 12 citations, 10 warnings, and 15 FIRs. She also made 2 felony arrests and cleared 2 felony cases. The officer cleared 6 misdemeanor cases, and made 3 misdemeanor adult arrests. She served 3 warrants, and cleared 3 serious traffic cases... Off. **Andrew Minton**, July’s POM, wrote 36 traffic citations, 38 warnings, 2 SEROs, 6 parking violations, and 35 FIRs. The officer did this enforcement in areas that have been identified as hot spots and sections where citizen traffic complaints have been received. Minton’s post encompasses nearly the entire DDACTS area.

Baltimore County Police rock!

~ Louise Rogers-Feher,  
Network News Editor

# Welcome BCoPD’s Newest Employees:

<b>July</b>	
Dorian A. Williams	Police Cadet
<b>August</b>	
Charles E. Bradford	Statistical Analyst
Joann M. Cuomo	Traffic Guard
Jonathan J. Heaberlin	Statistical Analyst
Lisa A. Lopez	P.A.L. Rec Center Coordinator
Wanda D. McClary	Traffic Guard
Sarah T. Sanchez	Statistical Analyst
Tracey A. Soden	Traffic Guard
<b>September</b>	
Holly L. Amrhein	Traffic Guard
Barbara A. Bethea	Traffic Guard
Barbara F. Robel	Traffic Guard



The Maryland Chiefs of Police Association is hosting the Maryland Law Enforcement Remembrance Ride on Sunday, November 14. Registration and refreshments begin at 8:30 a.m., kick stands up, wheels turning at 10:00 a.m. All proceeds from this ride benefit the National Law Enforcement Officers Memorial Museum.

This is a police escorted ride that will start at Harley Davidson of Maryland in Elkridge, Howard County and travel to the site of the National Law Enforcement Officers Memorial in Washington, D.C.

A ride shirt has been created to honor the brave men and women of the Maryland law enforcement community who sacrificed their lives in service to the citizens of our great state. The back of the shirt lists by agency, the name and end of watch of every law enforcement officer killed in the line of duty in Maryland dating back to the 1800s.

There are no sponsorships being sold for this event, therefore this will be a respectful shirt honoring these men and women. The front of the shirt will feature the universal badge and rose logo with the Maryland flag banner on each side.

T-shirts are also available for sale if you cannot make this ride but would still like to support the cause.

We are dependent upon riders to support this event and do not want to commercialize it with sponsors. Please distribute this information to your agency members, friends and fellow law enforcement colleagues in case they may want to sign up.

Pre-registration is preferred so that we can plan accordingly with the proper number of T-shirts, refreshments, etc. You can sign up online at [www.mdchiefs.org](http://www.mdchiefs.org).

This event is open to people driving or riding motorcycles, marked law enforcement vehicles and antique law enforcement vehicles! Thank you for your assistance in honoring the men and women in the Maryland law enforcement community who have paid the ultimate sacrifice to keep us all safe.

## Cockeysville Traffic Team Makes a Clean Sweep of Traffic Safety Specialist Awards

On September 1, the entire Cockeysville Precinct Traffic Team was awarded their Traffic Safety Specialist I certification. The award ceremony was conducted at the Maryland Police and Correctional Training Commissions (MPCTC) located in Sykesville, Maryland. Also in addition at this award ceremony, the Traffic Team Supervisor, Cpl. Patrick Zito, was awarded the Traffic Safety Specialist II certification. Cpl. Zito was the first officer within the State of Maryland to achieve this level of certification. Since then only three other officers have qualified for this level.

During the program, opening remarks were made by Mr. Terry Satterfield, MPCTC Administrator, and Mr. Charles Rapp, MPCTC Executive Director. Additional remarks regarding the scope and implementation of the Traffic Safety Specialist Program were made by Mr. Thomas Gianni of the Maryland Highway Safety Office.

The Traffic Safety Specialist program was created as a combined effort of the MPCTC, the Maryland Chiefs of Police, the Maryland Sheriff's Association and the Maryland Highway Safety Office. The program is designed to bring recognition to the police officers who have made the area of traffic safety, crash investigation, and enforcement as

their chosen law enforcement career path.

To qualify for the Traffic Safety Specialist I designation, an officer had to meet the following requirements: a minimum of two years of experience in the field of traffic law



(Left to right) Cpl. Patrick Zito, Off. David Benesch, Off. Brantley Parks, Off. Russell Fuller, Off. Kevin Fisher, Off. Jeffrey Snyder, (Not Pictured) Off. Ernest Hannig.

enforcement; a minimum of 16 hours of advanced traffic-related training beyond the academy level; hold certification as a Radar/Lidar Operator; hold certification in Standardized Field Sobriety Testing; attend a minimum of 120 hours of traffic designated training through specified elective courses; credit given for military service, post secondary education, and previous traffic awards.

To qualify for the Traffic Safety Specialist II designation, an officer had to meet the following additional requirements: a minimum of five years experience in the field of traffic law enforcement; must be certified as a Crash Reconstruction Investigator and/or as a Drug Recognition Expert; had to research, design, implement, and prepare a report on a traffic-related project or program; had to meet additional requirements in taking advanced level traffic crash reconstruction courses, post secondary education, and service to the field.

These awards represent a lot of hard work by the team members over a long period of time in the specialized field of Traffic Safety.



## Aviation Unit Garners National Spotlight

Professional Pilot magazine recently visited our aviation facility and published a “special unit profile” about Baltimore County Police Aviation in their magazine. Managing Editor Phil Rose contributes a comprehensive article with photos called “Three AS350B3s have Baltimore County covered; Police helicopters patrol diverse ground and shore environment.”

Professional Pilot has an international readership, and is seen in aviation circles as one of the best aviation magazines out there. This is a real honor, as they read about our evolution over the past few years, and selected to profile the unit. Go to: [http://www.propilotmag.com/archives/2010/Sept%2010/A3\\_Baltimore\\_p1.html](http://www.propilotmag.com/archives/2010/Sept%2010/A3_Baltimore_p1.html) to read the full text of the article.



## Commitment to Wellness Updates

- Thanks to everyone who has donated to the “Cops for a CURE” Baltimore County Police team. Their initial donation goal was \$500. The team has collected nearly double their fund raising goal at \$1030! .....if you haven't given yet, go to : <http://www.komenmd.org> and search for “Cops for a CURE” to donate.
- Recently a group of County police employees participated in the RAGNAR Relay race. The race is a 12 person, 195 mile relay race that started in Rocky Gap State park and ended in Washington D.C. The official name was 'Team BCoPD'...however the team's nickname was "Excited Delirium." The race benefited "Back on My Feet" a non-profit group helping homeless people. The team started running at 9:30 a.m. on Sept 24 and did not finish running until almost 7 p.m. on Sept 25. Their official time was 32 hours 27 minutes and 37 seconds. They endured almost 100 degree heat and incredibly steep grades through the western portion of the course. Each runner did three sections of the race ranging from 3 to 9 miles. The total each person ran was between 12 and 20 miles. The team had 5 men and 7 women. A few team members blew whistles to encourage other teammates while running. By the finish line, everyone running knew "the cops are coming" by the sound of the whistle blasts!



*Kneeling: (left to right) Sgt. Andy Petras, Kim Lankford, Off. Ann-Marie Collins  
Standing: (left to right) Off. Erin Risko, Off. Rachel Aiosa, Lt. Doug Irwin, Cadet John Button,  
Off. Mike Westfall, Capt. Lisa Hannon, Cpl. Bobbie Zalewski, Sgt. Steve Goodin, Off. John Duly,  
Off. Heidi Ebbert*

## Fitness Test

The next testing date for the Department's Fitness Program has been scheduled for November 12, 2010 at 1 p.m. The exam will take place at the Training Academy. Members should report to the all purpose field in the stadium. Those interested in participating should call the Academy at x7380 to be placed on a list so that Academy staff knows how many people to expect.

Participation in the Department's Fitness Program is voluntary. Members who pass the examination will be issued a Fitness Award pin which may be displayed on the uniform. Members are required to pass the exam annually to maintain their fitness “certification” and continue to wear the pin. Those who allow the fitness certification to expire shall discontinue wearing the pin and return it to the Personnel Section.

Sit ups measure abdominal muscular endurance. Everyone will complete as many bent leg sit-ups as possible in two minutes. Resting will be done in the up position only, if you stop in the down position the exercise is over.

Push ups measure the muscular endurance of the upper body. The push ups should be done with your hands slightly wider than shoulder width and the thumbs facing in. This is a non-stop exercise with no time limit, once you stop to rest in any position the exercise is over.

The 1.5 mile run is a measure of cardio respiratory fitness. Each person will run the 1.5 miles as fast as possible on a predetermined course.

The minimums for all three exercises must be met in order to receive the award. Information is available on the Police Department's main web page and the Training Academy's web page to assist people in preparing for the fitness test.

## Zack's Gourmet Dogs & Deli PLUS a Whole Lot More

The cafeteria on the 6<sup>th</sup> floor is open for business! The owners and staff of Zack's Gourmet Dogs and Deli welcome you in to try their full range of delicious dishes. The hours of operation are from 7 a.m. until 3 p.m.

Start your day with satisfying breakfast platters that are made to order. Choose from many combinations of eggs, bacon, sausage, home fries, toast, bagels, english muffins, and all types of veggies, as well as fresh brewed coffee, tea, and specialty drinks, sodas and a vast array of bottled drinks. Try the homemade and prepackaged bake



goods including brownies, muffins, and cookies to brighten-up your day. There are healthy choices like fresh fruit and yogurt, vegetable juices, and nuts.

Zack's is famous for their high-quality "Hot dogs with Attitude." They have everything from original All-Beef Hot dogs, Footlongs, Coney

Island dogs, Bratwurst, Polish and Italian Sausages, to Spicy Southwest Chipotle, Pulled Pork BBQ dogs and New York Street Cart Classic dogs.

Choose a sub or sandwich made just the way you like it. Philly Cheese Steak, Meatball, Italian Beef, BLT, Turkey, or Roast Beef subs to name a few. Especially good is the grilled Corned Beef Rubeen sandwich, along with Chicken Caesar, Buffalo Chicken, Tuna and Chicken Salad wraps.

You can select from a large menu of "grab and go" items. Try delicious made-from-scratch soups like Beef Vegetable Noodle, Black Bean with Ham, Broccoli Cheddar, and Spicy Chili. Dig in to fresh Caesar, Chef, and Greek salads. Pick up great sides like chips, pickles, macaroni and potato salads.

Look for weekly specials that will be posted. Your patronage and support of this eatery is vital to its continued success.



This newsletter is a publication of the  
Baltimore County Police Department.

**James W. Johnson, Chief**

**Coordinated by the  
Media Relations Section.**

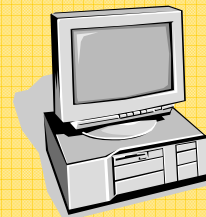
410-887-2210

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**Don't forget to check the  
Internet version online at:**

<http://www.baltimorecountymd.gov/Agencies/police/media/behindthebadge.html>

**The Honorable James T. Smith Jr.**  
**Baltimore County Executive**

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